

Grated Carrot, Pineapple & Raisin Salad Supper Day 9

Ingredients:

1 #2 size can (20 ounces) crushed pineapple
4 cups shredded carrots
1 cup raisins
 $\frac{3}{4}$ cup mayonnaise or plain low fat yogurt

1. Drain Pineapple.
2. Plump raisins by dropping into boiling water and letting raisins sit for 3 or so minutes. Drain.
3. Mix pineapple, shredded carrots and raisins together.
4. Add mayonnaise or plain low fat yogurt to moisten mixture.
5. Cover and chilled
6. Dish up.

Makes 12- $\frac{1}{2}$ cup servings